

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 01088, Milk, buttermilk, fluid, cultured, lowfat

Report Date: December 09, 2015 19:19 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	90.13	62	0.093	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	40	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	169	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	3.31	65	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	0.88	--	0.174	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.89	--	0.045	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	4.79	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	4.79	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
<b>Minerals</b>													
Calcium, Ca	mg	116	--	2.751	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.05	--	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	11	--	0.717	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	89	--	4.732	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	151	--	6.264	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	190	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Zinc, Zn	mg	0.42	--	0.061	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	2.0	--	0.563	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
Fluoride, F <sup>1</sup>	µg	4.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	1.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.154	--	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.058	--	0.015	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.275	--	0.016	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.034	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	μg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, DFE	μg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	17.7	--	--	--	--	--	--	--	--	Calculated or imputed	01175	02/2009
Vitamin B-12	μg	0.22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	01175	02/2009
Carotene, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin A, IU	IU	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin E (alpha-tocopherol) <sup>2</sup>	mg	0.05	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <sup>2</sup>	mg	0.02	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Tocopherol, gamma <sup>2</sup>	mg	0.03	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Tocopherol, delta <sup>2</sup>	mg	0.02	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01175	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D	IU	1	--	--	--	--	--	--	--	--	Calculated or imputed	01175	02/2009
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	01077	12/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	0.548	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.231	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.107	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.254	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.221	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	4	--	0.935	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Amino Acids</b>													
Tryptophan <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.042	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Threonine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.141	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Isoleucine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.171	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Leucine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.313	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Lysine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.277	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Methionine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.087	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Cystine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Phenylalanine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.171	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Tyrosine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.167	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Valine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.217	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Arginine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.095	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011

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Histidine <sup>3 4 5 6</sup>	g	0.100	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Alanine <sup>3 4 5 6</sup>	g	0.112	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Aspartic acid <sup>3 4 5 6</sup>	g	0.283	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Glutamic acid <sup>3 4 5 6</sup>	g	0.744	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Glycine <sup>3 4 5 6</sup>	g	0.066	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Proline <sup>3 4 5 6</sup>	g	0.326	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Serine <sup>3 4 5 6</sup>	g	0.199	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

**Sources of Data**

<sup>1</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1990 Beltsville MD

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD

<sup>4</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD

<sup>5</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD

<sup>6</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD